

CLAIMS

WHAT IS CLAIMED IS:

1. An incremental weight system having a plurality of selectable weights.

2 comprising:

3 an incremental weight stack having a plurality of incremental weights;

4 each of said incremental weights defining a slot;

5 a selector plate having a number of pins equal to a total number of said
incremental weights with each pin uniquely corresponding to a single one of said
plurality of incremental weights on a one-to-one basis so that each pin has a
6 uniquely corresponding incremental weight and vice versa;

7 each of said pins positioned on said selector plate to uniquely engage said
slot of said corresponding incremental weight; and

8 said selector plate being proximate and adjacent said incremental weights
9 so that said pins may selectively engage said slots and said selector plate being
10 positionable so as to selectively and uniquely engage one or more of said
11 incremental weights.

12 2. An incremental weight system having a plurality of selectable weights as set

forth in Claim 1, further comprising:

13 a chassis adapted to engage a selector weight stack;

14 a retaining plate;

a post slidably passing through said retaining plate and coupled at a distal

6 end to said selector plate;

a biasing system biasing said post and said selector plate toward said

8 incremental weight stack; and

a handle coupled to the post.

3. An incremental weight system having a plurality of selectable weights as set forth in Claim 2, wherein said biasing system further comprises:

a spring.

4. An incremental weight system having a plurality of selectable weights as set forth in Claim 2, further comprising:

said selector weight stack having a number of uniform weights:

each of said incremental weights of said incremental weight stack

weighing approximately the same; and

6 said chassis, said retaining plate, said post, said biasing system, and said handle weighing approximately the same as an individual one of said
4 incremental weights.

5. An incremental weight system having a plurality of selectable weights as set forth in Claim 4, further comprising:

each of said incremental weights weighing approximately one-fourth
4 (1/4) of the weight of one of said uniform weights of said selector weight stack.

6. An incremental weight system having a plurality of selectable weights as set forth in Claim 1, further comprising:

7. said incremental weight stack offset a radial distance from a center of said selector plate;

6 each of said slots of said incremental weights disposed a different radial distance from said center of said selector plate; and

8 each of said pins disposed a different radial distance from said center of said selector plate; whereby

10 by displacing and turning said selector plate, individual ones of said incremental weights may be engaged by a corresponding pin which is passable through a corresponding slot.

7. An incremental weight system having a plurality of selectable weights as set forth in Claim 1, further comprising:

2 said incremental weight stack supported by a stand.

8. An incremental weight system having a plurality of selectable weights as set forth in Claim 1, further comprising:

2 said selector plate positionable so that it does not engage said incremental weight stack with any of said pins.

4 9. An incremental weight system having a plurality of selectable incremental

2 weights, comprising:

an incremental weight stack having a plurality of incremental weights of similar weight, said incremental weight stack supported by a stand, each of said incremental weights defining a slot;

6 a selector plate having a number of pins equal to a total number of said incremental weights with each pin positioned to uniquely correspond to a single slot in a single one of said plurality of incremental weights on a one-to-one basis so that each pin has a uniquely corresponding incremental weight and incremental weight slot and vice versa, said selector plate positionable so that it does not engage said incremental weight stack with any of said pins;

10 said selector plate being proximate and adjacent said incremental weights so that said pins may selectively engage said slots, said selector plate being positionable so as to selectively and uniquely engage one or more of said incremental weights with a corresponding pin, said incremental weight stack offset a distance from a center of said selector plate;

12 each of said slots of said incremental weights disposed a different radial distance from said center of said selector plate with each of said pins also disposed a different radial distance from said center of said selector plate such that by displacing and turning said selector plate, individual ones of said incremental weights may be engaged by a corresponding pin which is passable through a corresponding slot;

18 a chassis adapted to engage a selector weight stack, said selector weight

24 stack having a number of uniform weights;
26 a retaining plate;
28 a post slidably passing through said retaining plate and coupled at a distal end to said selector plate;
30 a biasing spring system biasing said post and said selector plate toward said incremental weight stack;
32 a handle coupled to the post;
34 said chassis, said retaining plate, said post, said biasing system, and said handle together weighing approximately the same as an individual one of said incremental weights; and
each of said incremental weights weighing approximately one-fourth (1/4) of the weight of one of said uniform weights of said selector weight stack.

10. In a selector weight system having a number of similar selectable weights, a selectable incremental weight system, comprising:

2 an incremental weight stack having a plurality of incremental weights of similar weight, said incremental weight stack supported by a stand, each of said 4 incremental weights defining a slot;
6 a selector plate having a number of pins equal to a total number of said incremental weights with each pin positioned to uniquely correspond to a single 8 slot in a single one of said plurality of incremental weights on a one-to-one basis so that each pin has a uniquely corresponding incremental weight and

10 incremental weight slot and vice versa, said selector plate positionable so that it
does not engage said incremental weight stack with any of said pins;

12 said selector plate being proximate and adjacent said incremental weights
so that said pins may selectively engage said slots, said selector plate being
14 positionable so as to selectively and uniquely engage one or more of said
incremental weights with a corresponding pin, said incremental weight stack
16 offset a distance from a center of said selector plate;

18 each of said slots of said incremental weights disposed a different radial
distance from said center of said selector plate with each of said pins also
disposed a different radial distance from said center of said selector plate such
20 that by displacing and turning said selector plate, individual ones of said
incremental weights may be engaged by a corresponding pin which is passable
22 through a corresponding slot;

24 a chassis adapted to engage a selector weight stack, said selector weight
stack having a number of uniform weights;

26 a retaining plate;

28 a post slidably passing through said retaining plate and coupled at a distal
end to said selector plate;

30 a biasing spring system biasing said post and said selector plate toward
said incremental weight stack;

32 a handle coupled to the post;

34 said chassis, said retaining plate, said post, said biasing system, and said

32 handle together weighing approximately the same as an individual one of said
incremental weights; and

34 each of said incremental weights weighing approximately one-fourth
(1/4) of the weight of one of said uniform weights of said selector weight stack.